

## **Wellness Policy for the CLIMB Program at OBHAW**

In accordance with the guidelines for the Department of Human Services for the NLSP, the following Wellness Policy is in place for the Climb Program at Ouachita Behavioral Health and Wellness.

Meals are prepared on-site at 125 Wellness Way. Our kitchen is inspected 2x a year by the health department and conforms to all the requirements and standards put forth by that department. Our meals conform to the requirements that are required by the National School Lunch Program. Our wellness policy meets the nutritional educational requirements through our class room curriculum. Educating the students on the four food groups and encouraging them to make healthy choices. The students can also participate in the gardening experience program. Foods are maintained and stored by dates in refrigerators and freezers. Temperatures are recorded daily, except on weekends. The CLIMB Program posts monthly menus.

We do not have a food/snack/soda vending machine. We do have water available for the children at all times.

During the day, the children are taken outside to the playground area. Staff members facilitate age appropriate, active play activities along with free play on the playground. On rainy days, the children have active play indoors such as yoga, staff led brain-booster exercises, and video led exercises. The program and physical activities are year round. During the summer program months, outings such as swimming at the YMCA and nature walks at local parks are also provided.

The children are involved in nutritional education in the classroom and in the lunchroom.

If further information is needed, please call (501) 624-7111

Sincerely,

Tanni Braughton  
Food Service Coordinator  
125 Wellness Way  
Hot Springs, AR 71913  
**USDA**